**Students                                                                                                                 5141.7**

**Concussions and Head Injuries Regulations**

Much research in recent years has led to a greater understanding of the possible consequences of having received a concussion. Westbrook Public Schools’ protocols follow those guidelines set forth by the CIAC which is based on the consensus statement on concussions in sport from the 5th international conference on concussion in sport held in Berlin, October 2016. Our policy also coincides with treatment plans and recommendations from Elite Sports Medicine and HeadZone Concussion Care. A Concussion Health Care Plan has been created in collaboration with the school physician, athletic trainer, and nurse for children who sustain or are suspected to have a concussion. Parent concussion guidance is provided for any athlete/student diagnosed with or suspected of having sustained a concussion, including the graduated return to play and scholastic protocol that all students who sustain a concussion must follow.

**Educational Protocols**

1.       Students cannot be in school the day following a diagnosed concussion.

2.       Concussion Team (school nurse and guidance, Athletic Director and Athletic Certified Trainer) implements the Concussion Health Care Plan.

3.       Nurse will email all applicable teachers and guidance informing them about concussion and guidelines.

4.   Program/Schedule modification for students not yet cleared in writing by a licensed healthcare professional trained in the evaluation and management of concussions. Students will meet with the nurse prior to readmission to the classroom for evaluation and review of plan: no gym/independent fitness, band, computer, Tech ed, and chorus. Students must report to the health office for total rest during these classes.

5.   Teachers will provide accommodations for students until cleared from protocol or otherwise directed by a licensed healthcare professional: no tests and quizzes, no homework, extended time for testing, homework assignments, etc. if needed; eliminate nonessential work if needed, may wear visored hat or sunglasses for light sensitivity, send to the health office for any health concerns.

6.   Nurses will provide rest and Tylenol or Ibuprofen as needed with written parental authorization. Students may be dismissed early and/or arrive late if needed after nurses and/or guidance discuss with the parent. Allow for rest breaks in the health office to control symptom levels. Guidance will be notified of ongoing signs and symptoms and updated physician orders.

7.   Return to regular class schedule upon completion of successful IMPACT test (for a high school athlete in season only) or upon receiving a written note from a student’s physician fully clearing student of concussion symptoms and to return to regular activity.

8.   Teachers and guidance will develop a planned program for makeup/keep up work.  Teachers and guidance will meet to devise a plan to balance necessary work for “keeping up” and required work for “make up” missed during accommodations so as not to overstress the student.

9.   Students under concussion protocol (not cleared by ImPACT for in-season HS athletes or not fully cleared by their own doctor as being asymptomatic for all other students) may not attend nor participate in any extracurricular activities and any activities such as field trips, dances, sporting events, class/spirit week activities, field day activities, etc.

**Parents should monitor the following activities while their child is recovering from a concussion:**

Eliminate as much external stimuli as possible.

No computer use.

No television or movies.

No video games.

No text messaging.

No smart phones.

No driving.

No sports/weight lifting.

No P.E./physical activity.

No spinning: such as carnival rides, swinging, etc.

No loud noise or music.

No late night activity.

No studying for tests and quizzes for class.

Get extra naps and rest.

REST IS KEY!

**Graduated Return to Play Protocol for Athletes with Concussion**

The student-athlete must meet ALL of the following criteria in order to progress to activity:

·       Medical clearance note if seen by a Medical Doctor

·       Medical clearance note from the Certified Athletic Trainer

·       Symptom free for at least 24-hours:

a.)   ImPACT test (HS athletes only) once symptom-free that is performed by the Certified Athletic Trainer or a licensed medical professional experienced in the management of concussions. Post-test results must be provided to the Certified Athletic Trainer prior to the student-athlete being cleared to play.

b.)   Be cleared by a Medical Doctor regarding the Post-Concussion ImPACT test score:

a.     Once Post-Concussion ImPACT is back to baseline, RTP protocol can begin as long as the athlete remains symptom free.

The RTP Protocol for concussion is a series of steps wherein the student-athlete will only progress to the next level if he/she remains symptom free for 24-hours post exercise. The program will only begin once the athlete is symptom free for at least 24-hours and once the Post-Concussion ImPACT test score is back to baseline. The student-athlete must also complete at least one full day of school with no restrictions.

·       Day 1: Non-Contact light activity monitored by Certified Athletic Trainer

·       Day 2: Non-Contact light to moderate activity monitored by Certified Athletic Trainer

·       Day 3: Non-Contact moderately aggressive activity monitored by Certified Athletic Trainer

·       Day 4: Aggressive Activity Non-contact athletes resume full game participation, Contact athletes resume full practice

·       Day 5: Full activity can be resumed for contact athletes

Because all concussions are not the same, this protocol is subject to change on a case by case basis by decision of the schools medical professionals. Please consult the Athletic Trainer if you have any questions.

Regulation November 7, 2011

Revised: April 2020

WESTBROOK PUBLIC SCHOOLS

Westbrook, Connecticut